

# WHAT TO DO WHEN THE EARTH SHAKES?

## DROP, COVER, and HOLD!

### DROP --

Drop down on the floor.

### COVER --

**Take cover** under a sturdy desk, table or piece of furniture. You can also take cover beside something such as a sofa, chair or bed and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall, unsecured furniture.



### HOLD --

If you take cover under a piece of furniture, **hold on** to it and be prepared to move with the furniture. Hold the position until the ground stops shaking and it is safe to move.

### Drop, Cover and Hold! -- Tips

- When **INSIDE A BUILDING**, get under or beside furniture. Stay low protecting your head & neck with your arms. Do not use the elevators, stand up, or run out of the building while it is shaking.
- When **OUTDOORS**, move to a clear area away from trees, signs, buildings, or electrical wires and poles.
- When on a **SIDEWALK NEAR A BUILDING**, move away from any possible falling brick, glass, plaster and other debris. If possible take cover, stay low, and protect your head and neck.
- When **DRIVING**, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your vehicle until the shaking stops.
- When in a **CROWDED STORE OR OTHER PUBLIC PLACE**, move away from display shelves containing objects that could fall. Do not rush for the exit.
- When in a **STADIUM OR THEATRE**, stay in your seat, get below the level of the back of the seat and cover your head and neck with your arms.

**AFTER THE SHAKING STOPS**, listen for directions and move around only if it's safe. Remember: staying put may be safer than going outside.



Seattle Emergency Management  
(206) 233-5076  
[www.seattle.gov/emergency\\_mgt](http://www.seattle.gov/emergency_mgt)